



THE WEST AFRICAN Cookbook

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Let's get it started!

Welcome to Savour. Just as so many, we live for the joy that food or even cooking brings. Whether you're brushing up on how to give your hand-cut fries the crispiness of a potato chip or getting your keto, veganism diet on (and seriously, who's not these days?), look no further. In our philosophy, cooking is not meant to be dreadful, or to take up your entire day, or contain a ton of stuff you have that has you running to that hipster grocery store for (you know who you are). It's meant to be delicious, fun and dare we say savory? overall, it's supposed to be a fun and exciting time. We don't just want to collect dust we want a place on your kitchen top as you fry, bake or boil. That's why we filled this book with an all-star collection of recipes so that you can confidently put on the cooking hat whenever the urge strikes you!

About This Book

So often we ask ourselves "What delicious ethnic recipes and dishes can I try today?" Well that's where Savour comes in.

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Jollof Rice

It is a spicy and one of the most popular Nigerian chicken and rice recipe. It is best served with Moin Moin or alone. It works well for a delicious and nutritious lunch or dinner. Apart from this, it is also super easy to cook jollof rice.

- 1 tablespoon olive oil
- 1 large onion (sliced)
- 2 (14.5 ounces) cans stewed tomatoes
- 1/2 (6 ounces) can tomato paste
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon red pepper flakes
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chopped fresh rosemary
- 2 cups water
- 1 (3 pounds) whole chicken, cut into 8 pieces
- 1 cup uncooked white rice
- 1 cup diced carrots
- 1/2 pound fresh green beans, trimmed and snapped into 1 to 2-inch pieces
- 1/4 teaspoon ground nutmeg

- 1. In a large saucepan, pour oil and heat over medium to low heat.
- 2. Add stewed tomatoes, tomato paste, salt, black pepper, cayenne pepper, red pepper flakes, Worcestershire sauce, rosemary and simmer for 30 minutes.
- 3. Add rice, carrots, and green beans, nutmeg, and stir.
- 4. Bring it boil and reduce heat to low.
- 5. Cover and simmer for 25-30 minutes.
- 6. Serve!

Nutritional Information: 332 calories; 13.4 g fat; 33.5 g carbohydrates; 19.8 g protein; 46 mg cholesterol; 713 mg sodium

Akara

Akara is made with a combination of bean paste, fresh onions, and salt. It is one of the most popular breakfasts and street food in Nigeria. It is served best with ogi (pap), bread or with fried yam.

1 cup of Beans (black-eyed or brown beans)

1 raw chili pepper (chopped)

1 medium onion

Salt to taste

Vegetable Oil (for frying)

- 1. Add beans and ½ cup of water in the blender and make a smooth paste.
- 2. Pour the paste in a blown and add salt, chopped pepper, and onions.
- 3. Mix it for 5 minutes with a mixer.
- 4. Pour oil into a pan and heat on medium heat.
- 5. When the oil is hot, scoop a $\frac{1}{2}$ cooking spoon of mixture into the oil.
- 6. Fry on each side until golden brown.
- 7. Serve!

Nutritional Information: 21 calories; 0.1 g fat; 4.5 g carbohydrates; 0.9 g protein; 0 mg cholesterol; 42 mg sodium.

Bean and plantain pottage

This recipe is made with beans, it is very healthy and served with protein (Fish/Chicken etc.), alone or with a side of quinoa. If you are looking for a healthy meal, you would love bean and plantain pottage!

1 ½ cup Crab eye beans (or Nigerian/black eye)

1 liter of water

Coconut oil (100ml)

1 red onion

250g of smoked mackerel

1 scotch bonnet

2 Maggi cube

1 plantain

1 cup of spinach (chopped)

Sea salt & pepper

- 1. Soak the beans overnight in the water.
- 2. Put the beans and water in a pot and bring to boil. Skim off the layer of form and continue to simmer on medium heat.
- 3. Add onion, scotch bonnet, coconut oil and simmer for 1 hour.
- 4. Meanwhile, slice the plantain into thin discs, tear mackerel into small pieces.
- 5. About 40 minutes later, add Maggi, plantain, mackerel and any other spices if you like.
- 6. Cover the pot and leave until plantain is soft.
- 7. Add spinach after plantain cooked and stir.
- 8. Serve!

Nutritional Information: 515 Cal, 25g Fat, 54g Carbs, 18g Protein.

Suya

It is one of the most popular street food in Nigeria. This recipe consists of a high amount of protein because it contains beef and spicy peanut mix. It is a healthy and nutritious option for your kids.

- 3 teaspoon roasted peanuts finely ground
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2lbs beef and/or chicken
- 1 whole onion cut into chunks
- 1 whole tomato cut into chunks
- 1 whole sweet green pepper cut into chunks

- 1. Remove shells and skins from roasted peanuts and grind into a fine powder (don't make a paste).
- 2. Add spices to the powder and mix well.
- 3. Divide the mixture into two parts and set one part aside.
- 4. Dip and roll the meat in one part and let it marinate for at least 30 minutes.
- 5. Place the meat on a skewer with onion, tomato, and sweet pepper if desired.
- 6. Grill the meat over hot coals or oven, until it is cooked.
- 7. Sprinkle the left art of mixture on meat and serve hot!

Nutritional Information: 9.91g Fat, 1.27g Dietary Fibre, 104mg Cholesterol, 4.36g Carbs, 1.27g Sugars, 518.96mg Sodium, and 661mg Potassium, 3.2mg Iron, 28.4mg Vitamin C, 32.63g Protein, and 37.4mg Calcium.

Moin Moin

Moin-Moin also known as Moi-Moi is a steamed spicy bean cake. It is made from pureed beans and served with garri, bread or breakfast porridge. The traditional recipe is wrapped in banana or ewe eran leaves.

- 1 cup bean flour
- 1 onion
- 1 tomato
- 1 red bell pepper
- 1 scotch bonnet pepper
- 1 Knorr cube
- 1 teaspoon Crayfish
- 1.5 cups water
- 2 tablespoons oil
- 1/2 cup corned beef

- 1. Add warm water in 1 cup of bean flour and allow it to sit for an hour.
- 2. Blend onion, tomato, bell pepper, scotch bonnet peppers and add ½ cup of water.
- 3. Pour this mixture into the bean flour mixture.
- 4. Add oil, crushed Knorr cube, Cray fish, corn beef and stir.
- 5. Spray pie tins with cooking oil.
- 6. Add the pie tins and mixture into the cupcake pan and cover with a foil.
- 7. Add 4 cups of water in a large pot and line bottom of the pot with foil paper and set on medium heat.
- 8. Add the cupcake pans in the pot and cover.
- 9. Allow to steam for 15 minutes.
- 10. Remove the heat and allow to cool on wire rack for 10 minutes.
- 11. Turn out the paste on a plate and serve!
- 12. Enjoy!

Nutritional Information: 150.4 Cal, 8.9g Fat (3.9g Saturated Fat), 3.6g Dietary Fibre, 12.8g Carbs, 70.7mg Cholesterol, 1178.5mg Sodium, 274.8mg Potassium, 0.3g Sugars, and 5.6g Protein.

Edikangikong

Edikan Ikong or Edikangikong is a Nigerian soup that is full of fresh vegetables and healthy ingredients. It typically includes pumpkins, tomatoes, and onions. Consuming this soup on regular basis helps you reduce the risk of stroke and digestive problems.

1kg pumpkin leaves

500g water leaves (Talinum Triangulare)

600g beef, kanda, shaki and dry fish

Pepper, salt and ground crayfish (to taste)

200ml palm oil

1 cup periwinkle

2 medium onions

2-3 stock cubes

- 1. Wash and cut the pumpkin and water leaves.
- 2. Cut the Kanda into small pieces.
- 3. Cook the beef, Kanda, dry fish, diced onion and the stock cubes in a pot until done. Use as little quantity of water as possible.
- 4. Add a generous amount of palm oil, crayfish, pepper and cook for 10 minutes.
- 5. Add the periwinkle, water leaves and cook for 5 minutes.
- 6. Add the pumpkin leaves and salt.
- 7. Stir well and turn off the heat.
- 8. Cover the pot and leave for about 5 minutes.
- 9. Serve!

Nutritional Information: 727 calories; 55.4 g fat; 8.4 g carbohydrates; 48.6 g protein; 134 mg cholesterol; 109 mg sodium.

Dodo

Dodo or fried plantains is a very healthy and very simple recipe. It is completely free from cholesterol, you can enjoy this recipe as your healthy day time snacks. If you are in a hurry and want to cook something quickly, we recommend Dodo!

Ingredients2 Plantains (peeled and cut)

200ml sunflower oil

- 1. Sprinkle the salt and a few drops of water on each plantain.
- 2. Heat the oil in a frying pan, it should be very hot.
- 3. Place the plantains in the pan and fry until brown.
- 4. Serve!

Nutritional Information: 514 Cal, 46g Fat, 29g Carbs, 3.50mg Sodium, and 1.20g Protein.

Ogbono (apon)

Ogbono, also known as Apon is made from the wild mango. It is free from sugar, Cholesterol, and low in Fat. These wild or bush mangoes help in controlling hunger, lowers cholesterol and helps to control diabetes.

For meats

One small boiler hen cut into small sizes

½tablespoon of dry grinded chili pepper or red pepper flakes

1 Maggi crayfish or any bouillon

Salt to taste

One tablespoon of crayfish

For soup

10tablespoons of grinded ogbono

1small boiler hen

1 small smoked chicken

3-4 medium sized pieces of smoked turkey

2 large pieces of dry fish or 6 small pieces

1-2tablespoons of dry grinded pepper or chili flakes

80mls of palm oil

2tablespoons of crayfish

1 disc of dawadawa(optional)

One half of knorr or any bouillon cube(optional)

3-4 cups water leaf or water cress leaves

2tablespoon of uziza leaves or spicy curry leaves

Salt to taste

- 1. Wash and cut the raw chicken and sprinkle some salt, the cube of Maggi, a tablespoon of crayfish powder and dry pepper.
- 2. Cook the meat until tender.
- 3. Meanwhile, boil the smoked chicken and turkey in another pot.
- 4. Cut the boiled chicken and turkey into desired sizes.
- 5. Blend the dawadawa and set aside.
- 6. Pour the palm oil into a pot and put the grindded ogbono and stir, add one or two tablespoons of water and let it melt.
- 7. Add all the meats in a big pot along with melted ogbono, dawadawa and set on heat. Stir well.
- 8. Add grinded dry pepper, crayfish, and seasonings (if desired).
- 9. Let the soup simmer for 10 minutes.
- 10. Add dry fish and uziza leaves.
- 11. Cook for a minute and then stir in water leaves.
- 12. Take out from the fire and serve!

Nutritional Information: 270 Cal, 3.0g Fat (0.3g Saturated Fat), 8g Carbs, 15g Protein.

Puff puff

This is a delicious recipe and can be used as side snack for the daytime. Apart from its attractive name, it also has a very delicious look, you won't be able to resist trying this.

- 2 cups Wheat Flour
- 2 teaspoon Active dry yeast
- 1/2 teaspoon nutmeg ground nutmeg
- 2 tablespoon Sugar
- 1/2 teaspoon Salt
- 1/teaspoon Red Chilli Powder optional
- 1 1/2 cups water warm

for deep frying vegetable oil

- 1. Add flour, yeast, nutmeg, sugar, salt, chili powder in a bowl and mix well.
- 2. Add water gradually until the dough has a sticky consistency and beat well.
- 3. Cover the dough with a plastic wrap and set aside in a warm place for about 45 minutes.
- 4. Add oil in a deep-frying pan and heat on medium heat.
- 5. Make little balls from the mixture or use scoop instead.
- 6. When it is hot enough, fry the balls until golden brown all over.
- 7. Drain it on a paper towel and sprinkle with sugar.
- 8. Serve!

Nutritional Information: 167 Cal, 4g Fat, 1g Dietary Fibre, 235mg Sodium, and 3g Protein.

Pepper soup

A very popular Nigerian recipe is pepper soup which can be prepared with meat or fish. Due to its

versatile nature, it can be prepared with chicken as well. Chicken Pepper Soup, the Goat Meat

Pepper Soup, the Assorted Beef Pepper soup is a few names linked to this soup recipe.

1kg Chicken

4 seeds Ehu or Ariwo or Calabash Nutmeg

Chilli Pepper (to taste)

2 teaspoons crushed Dry Uziza (optional)

2 medium onions

Salt (to taste)

3 stock cubes

1 teaspoon of Thyme (for chicken pepper soup)

- 1. Add water to the pot and put the chicken pieces in it. Make sure the water is filled in the pot till all the contents are covered
- 2. Add the thyme, stock cubes, and the onions. Wait until it is cooked.
- 3. When you notice that some water is dried add some more water into the pot and fill the pot again with water to the level of contents present in the pot.
- 4. Now add the ground Ehu, chili pepper, dry uziza and salt in the pot.
- 5. Once all the ingredients are added to the pot cover the pot and leave it to boil for at least 5 minutes.
- 6. Your pepper soup is ready to be served.
- 7. Enjoy!

Nutritional Information: 426 calories; 9.1 g fat; 7.7 g carbohydrates; 9 g protein; 193 mg cholesterol; 199 mg sodium.

Banga

It is a native recipe of the South-Eastern parts of Nigeria commonly known Banga soup.

1 kg Palm Fruits

½ kg Beef

1 cup Dry Fish

Vegetable: Scent Leaves for Ofe Akwu or dried and crushed bitter leaves for Delta-style

2 medium onions

2 tablespoons ground crayfish

Salt and Chilli Pepper (to taste)

Ogiri Okpei (Iru)

1-2 big stock cubes

- 1. Put the palm fruit extract in a pot. Cook it at a high level.
- 2. Leave the pot to boil until some red oil appears on the surface of Banga Stew. If the soup is watery cook it more until it is thickened.
- 3. Add beef and dry fish in the pot and let it simmer
- 4. Now add the onions, crayfish, and pepper into the pot. Leave the mixture to boil.
- 5. Add vegetables to the pot if you desire along with some salt to taste. Leave the mixture to simmer for 2 minutes.
- 6. The Banga soup is ready.
- 7. Enjoy!

Nutritional Information: 2565 calories; 60.5 g fat; 43.6 g carbohydrates; 75.8 g protein; 112 mg cholesterol; 2723 mg sodium.

Deep fried battered yams

A deep-fried Yam recipe that can be eaten with numerous variety of sauces and stews. Fried in

such a way that the inside is moist and outside is kept crispy.

White puna yam: as much as you can eat.

Vegetable Oil

Salt to taste

- 1. Cut the yam tuber into the size you like, wash it and place aside.
- 2. Sprinkle some salt on the yam.
- 3. Use a pot rather than a frying pan to get a better taste of the yam.
- 4. Add yam chips into the heated oil in the pot, make sure to leave enough space to flip the
- 5. chips.
- 6. Keep the chips flipping until they turn golden.
- 7. Remove the chips from the pot, and place them on the paper towel to absorb the oil.
- 8. Fry the rest of the chips by following the step 4, 5 and 6.
- 9. Enjoy!

Efo riro

Efo Riro is a famous and delicate recipe of Western Nigeria. The soup has a unique quality of being a vegetable-rich soup. This makes Efo riro super healthy, nutritious and delicious.

Assorted meat and fish. use a combination of the following:

- Beef
- · Shaki (cow tripe)
- · Smoked fish
- · Dry fish
- · Stockfish

20 cl palm oil

500g Efo Shoko

5 tatashe peppers

2 tablespoons ground crayfish

2 red onions

2 small stock cubes

2 tablespoons locust beans (iru)

Salt & Bonnet peppers (to taste)

- 1. Firstly, you will need to cook shaki with as little amount of water as possible. You can add water gradually but at the start, you need to use little water.
- 2. Add dry fish and stockfish when the shaki starts to curl.
- 3. Add beef, stock cubes and onions to the mixture. Cook until the mixture is done, then set it aside.
- 4. Pour palm oil in another pot, when the palm oil is hot, add the remaining onions in it.
- 5. Fry the tatashe peppers.
- 6. Add the locust beans, crayfish, cooked meat and fish in the pot and stir it very well.
- 7. Cover the pot and cook for 5 minutes.
- 1. Efo Riro is ready.
- 2. Serve!

Nutritional Information: 4654 calories; 207 g fat; 7.1 g carbohydrates; 649.7 g protein; 1901 mg cholesterol; 1628 mg sodium.

Igbin

Igbin or snails are believed to have high medicinal benefits. They are rich in proteins, minerals, vitamins, and anti-oxidants. They can be cooked in numerous ways but are traditionally cooked with soups or stews and are often fried as well. Presenting you with a simplest of the recipe to cook igbin:

4 giant African snails, shelled and cleaned

1 medium onion, diced

1 scotch bonnet, remove seeds and finely chop (optional)

2 tomatoes, diced

1/4 small green sweet pepper, diced

½ small red sweet pepper, diced

Chives

1 teaspoon freshly chopped thyme

Some vegetable oil

Salt to taste

- 1. Take a small pan and add some water in it with a pinch of salt added into the water.
- 2. Place the snails in the water and let it steam for about 5-10 minutes.
- 3. Prick the snails with a fork just to check the softness. If it is easily pricked then they are ready and are cooked. Drain the water and set the snails aside.
- 4. Take another pan and pour some oil in it. Add thyme, green and red pepper, onion, tomatoes and scotch bonnet in the pan, stir all the contents. Leave it for 5 minutes.
- 5. Once everything is done add the snails in it and let it simmer for another five minutes.
- 6. Igbin is cooked and ready to be served.
- 7. Enjoy!

Nutritional Information: 60 calories; 1.2 g fat; 6.8 g carbohydrates; 6.2 g protein; 65 mg cholesterol; 95 mg sodium.

Ila Alasepo

Ila Alasepo is a very famous recipe of western Nigeria. An easy to cook, delicious and affordable recipe.

25-30 Pieces Fresh Okra

1 Cooking Spoon Palm Oil

800 grams Assorted Meats (Shaki, Ponmo, Cowfoot, Beef, Goat meat are ideal)

2-3 Pieces Stock Fish

2 Medium Smoked Fish

Fresh prawns

Smoked Prawns

1 Cooking Spoon Crayfish

2-3 Chopped Scotch Bonnet (Atarodo)

1 Bell Pepper Chopped (Tatashe)

4 Cloves Garlic, Minced

1/2 Cooking Spoon Locust Beans (Iru)

1/2 Cooking Spoon Cayenne Pepper (Ata gungun)

1 Medium Onion

Knorr Chicken Cubes

Salt to taste

- 1. Blend 1/3 of the Okra and the rest are to be chopped. Clean the smoked fish and soak in hot water to remove the dirt from it.
- 2. Boil the meat along with the chopped onions, knorr cubes, garlic, and salt.
- 3. Once the meat is soft, transfer it from the pot into a bowl. Leaving the water in the pot.
- 4. Add palm oil in the water on medium heat for 6-8 minutes and let it boil.
- 5. Add the ground pepper, locust beans, ground crayfish, and the chopped peppers.
- 6. Leave it all to cook for 2 minutes.
- 7. Add the blended okra into the mixture and stir it in such way that everything combines well.
- 8. Add the shredded smoked fish, cooked meat, smoked fish and smoked prawns in the pot.
- 9. Once everything is added lastly add the chopped okra.
- 10. Leave the mixture to be cooked for 5 minutes.
- 11. Ila Alasepo is ready.
- 12. Serve!

Nutritional Information: 210 calories; 5.6 g fat; 22.6 g carbohydrates; 8.4 g protein; 1.0 mg cholesterol; 300 mg sodium.

Ewa Agoyin

Ewa Agoyin is the beans eaten with a pepper sauce. Even if you are not fond of eating beans just give this recipe a try and you would love it.

2 cigar cups (approx. 500g) brown/black eyed beans

5 cooking spoons red palm oil

5 big plum tomatoes

1 handful crayfish

1 big onion

Pepper & Salt (to taste)

2 stock cubes

- 1. Pour some water in the pot and add the beans in it. In Ewa Agoyin the beans need to be very soft so cook the beans accordingly.
- 2. Add some salt to the water to taste and leave the water to dry up. Once the beans are done set them aside.
- 3. Pour palm oil in a separate pot to cook agoyin.
- 4. Add the pre-cooked onions in it and stir.
- 5. Now add the tomato puree to the mixture and stir it as well with the onions.
- 6. Add the pepper, crayfish, stock cubes and salt in the mixture.
- 7. You can also add a little water to the mixture if you want.
- 8. Serve!

Nutritional Information: 329 calories; 19.4 g fat; 33 g carbohydrates; 9.6 g protein; 0 mg cholesterol; 56 mg sodium.

Ekpang nkukwo

It is one of Nigerian cocoyam recipe made with grated cocoyam, water yam, and periwinkle. Ekpang nkukwo is super delicious and is mostly cooked only on special occasions.

500g cocoyam

250g Water Yam (Optional)

Vegetables:

A big bunch of tender cocoyam leaves

Pumpkin leaves and

Scent leaves (nchanwu, efirin)

Palm oil: a generous quantity

A handful crayfish

3 medium onions

2 milk cups (300g shelled or 500g unshelled) Periwinkles

Assorted Beef & Defal

Dried fish

Snail (Optional)

Pepper & amp; Salt to taste

2 stock cubes

- 1. Place the unshelled periwinkles at the base of the well-oiled pot.
- 2. Wrap the cocoyam with a leaf and place it in the pot. Repeat until all the grated cocoyam are exhausted
- 3. Now add pepper, crayfish, onions, shelled periwinkles in the pot.
- 4. Now, add assorted beef in the pot and add water so that the contents in the pot are levelled.
- 5. Cook the mixture in the pot on medium heat for 20 minutes.
- 6. Add palm oil and salt to taste in the mixture. Cook for a maximum of 5 minutes more.
- 7. The recipe is ready to be served.
- 8. Enjoy!

Obe egusi

Prepare with melon seeds, this Obe egusi soup is enjoyed by the majority of the tribes present in Nigeria. It is known by different names like miyan gushi, ofe egushi, efo elegusi, but the cooking methods are same.

4½ cups (600g) Egusi (Melon) seeds

2 cooking spoons red palm oil

Beef: Best cut and Shaki (cow tripe)

Fish: Dry Fish and Stock Fish

3 tablespoons ground crayfish

Pepper and Salt (to taste)

Vegetable: Nigerian pumpkin leaves, spinach or bitter leaves

3 small stock cubes

1 Ogiri Okpei (traditional locust bean seasoning: optional)

- 1. Pour some water into the pot and put the meat and fish in the water.
- 2. Once the meat and fish are done remove them from the water and place it in a different pot or a plate.
- 3. Add ground egusi into the water and stir the mixture, if the water is not enough, add some water to make it thicker.
- 4. Cover and cook egusi. Don't overcook it as it will burn, more water can be added to prevent overcooking.
- 5. After almost 25 minutes of cooking the egusi oil will appear on the surface.
- 6. Add red palm oil, pepper and salt, and bitter leaves to taste. Cook the mixture for about 7 minutes.
- 7. Add the cooked meat and fish to the mixture and stir the soup.
- 8. Let the mixture simmer for 2 minutes maximum.
- 9. The soup is ready, let it cool down for 5 minutes before serving.
- 10. Serve!

Nkwobi

Nkwobi or spicy cow foot is a famous Nigerian recipe that is mostly ordered in the restaurants due to its unique taste and delicacy. If you want to make Nkwobi at home, use the following recipe instructions:

2kg (4.4 lbs) cow foot (cut into sizeable pieces)

20cl (200ml) Palm Oil

- 1 tablespoon powdered edible potash (Akanwu/Kaun/Keun)
- 1 teaspoon ground Ehu seeds (Calabash Nutmeg)
- 2 tablespoons ground crayfish
- 2 habanero peppers (or to your taste)
- 1 medium onion
- 2 big stock cubes

Salt (to taste)

- 1. Wash the cow foot chunks and place them in a pot.
- 2. Along with it add the stock cubes and the onion chunks in it.
- 3. Start cooking at a medium heat and add a small quantity of water in the pot. Heat it until it is well cooked.
- 4. Don't forget to add some more water to prevent it from overcooking. There should be no left-over water when the meat is ready.
- 5. Take another pot and pour palm oil into it, while your meat is getting ready.
- 6. Pout the potash mixture in the oil and stir, you will start noticing that the palm oil begins to turn yellow. Continue stirring till all the oil of the yellow color
- 7. Add the ground crayfish, ehu seeds, and pepper in the mixture and stir it until all are incorporated.
- 1. Add some salt and water to the pot when the meat is done, and continue cooking the meat till all the water has dried up
- 2. Add the cow foot to palm oil paste when it is done and stir the mixture.
- 3. Now put all the mixture in a cooker or stove and heat it till the Nkwobi is hot. Make sure you don't overcook it and burn.
- 4. Once cooked take it out of the cooker/stove and serve.

Nutritional Information: 1138 calories; 101.3 g fat; 6.1 g carbohydrates; 51.5 g protein; 149 mg cholesterol; 114 mg sodium.

Conclusion

Thank you so much for downloading this eBook.

Cooking is not all about trying new recipes but for me, it is very important that the recipes should be nutritious and healthy. This is what this cookbook offers! Healthy, delicious and nutritious recipes for you and your family! This book includes easy as well as difficult recipes so whatever your level of expertise is, you will find this eBook useful.

I hope that you will enjoy making all these recipes.

Happy cooking!